

The NICHD Connection

January 2020

INSIDE THIS ISSUE

Letter from the Editor	1
Coffee Fix	2
Call for 2020 Newsletter Contributors	3
Three-minute Talks (TmT) Competition 2020	4
Meet Our New Fellows	5
The Rep Report	7
Life Outside Lab: Party Time!	8
Upcoming NIH-Wide OITE Events	9
NIH Library Events	10
January Announcements	11
January Events	12

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See **Credits page** online

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Letter from the Editor

Announcing the January issue, an issue full of announcements! So here's the scoop on 2020:

The Office of Education is starting a new program called "Coffee Fix," a bimonthly gathering to talk about tough topics for fellows. The aim is to provide a confidential environment for fellows to discuss intimidating issues in a group setting. Check out [page 2](#) for more information.

Next up in our announcement extravaganza, *The NICHD Connection* is seeking **volunteer contributors** for feature articles and regular columns. Never written before? No problem. I will work closely with you to offer guidance and edits to your article.

Our next announcement is a yearly favorite—the annual Three-minute-Talk (TmT) competition is back. Check out [page 4](#) for information on this opportunity for showcasing your research, on a single slide, in three minutes or less. Good luck to all!

Wishing everyone an enjoyable start to the year, and be sure to take advantage of the many events hosted by the [NICHD Office of Education](#), [NIH Office of Intramural Training and Education](#), and the [NIH Library](#) this month.

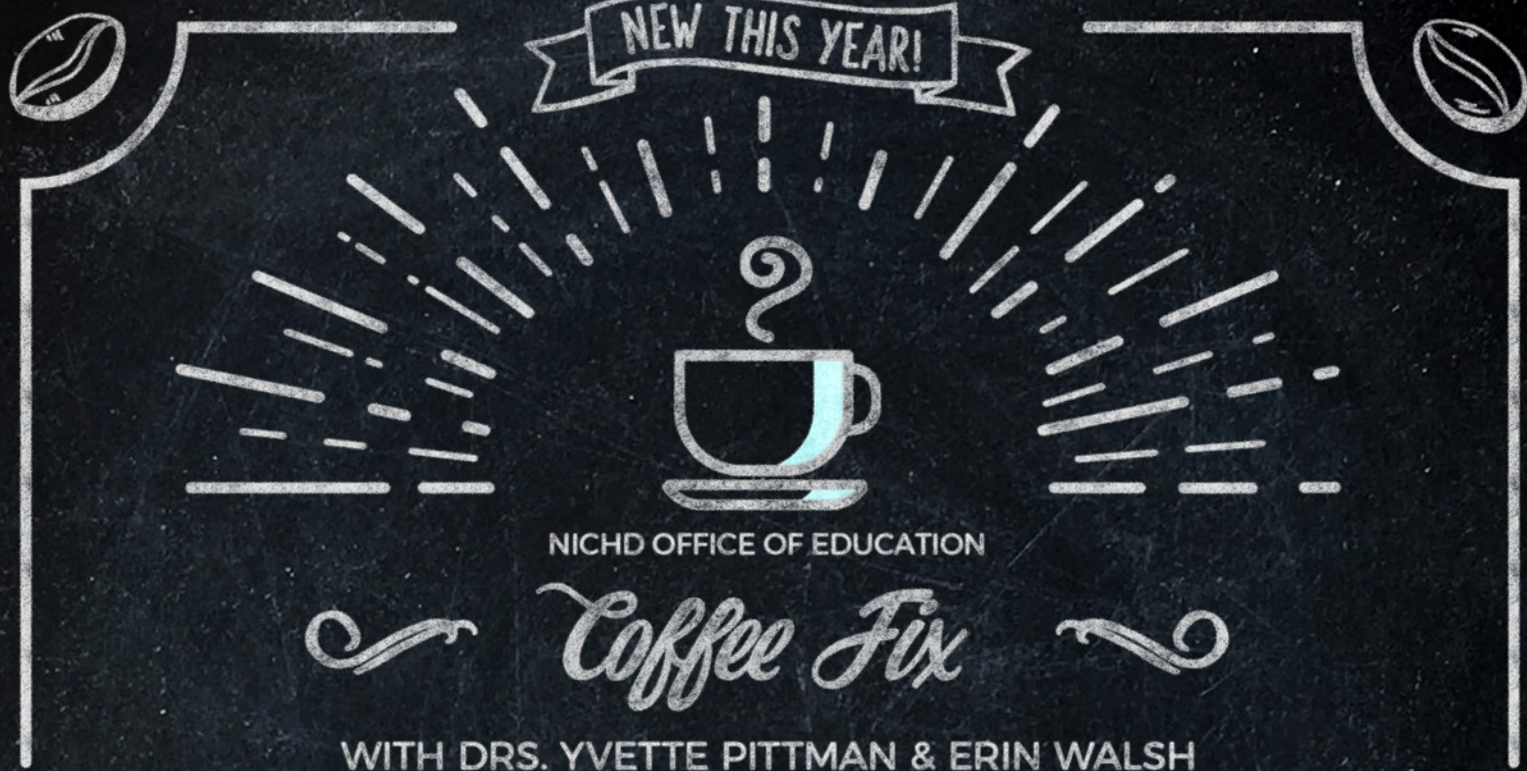
Happy New Year!

Your Editor in Chief,
Shana R. Spindler, PhD

Please send any questions or comments to our Editor at shana.spindler@nih.gov.



Nicki Swan and Shana Spindler at September's Fellows Social Networking Event at Rock Bottom Brewery



NICHD OFFICE OF EDUCATION

Coffee Fix

WITH DRS. YVETTE PITTMAN & ERIN WALSH

COFFEE CHECK
CREAM CHECK
SUGAR CHECK
GUIDANCE CHECK
ADVICE CHECK

Come get your fix as we talk about various areas of concern facing fellows.

Every other month, we'll brew up unfiltered conversation on tough topics, including:

- Work/Life balance
- Loyalty to Yourself
- Career Planning
- The Job Search

And more...



Join Us for the Inaugural Coffee Fix

Wednesday, January 29th, 2020 ☕ 10–11 a.m. ☕ Building 31, Room 1B44

Our first topic of discussion will be Work/Life Balance.

Please email Ms. Monica Cooper (cooperm@mail.nih.gov)
in the Office of Education if you plan to attend.

Nothing in science has any value to society if it is not communicated, and scientists are beginning to learn their social obligations.

Anne Roe, *The Making of a Scientist* (1953)

If you would like to improve your written communication while helping your NICHD colleagues, consider contributing to *The NICHD Connection*.



Call for 2020 Newsletter Contributors

The NICHD Connection is born of contributions from current and former NICHD fellows, and it wouldn't be possible without you.

We have several writing opportunities for fellows in all stages of their careers:

EVENT RECAPS – Our event recaps provide short summaries of workshops and seminars—perfect for fellows who couldn't attend.

HOT OFF THE PRESS – These feature articles cover recent publications, allowing fellows to practice writing about complex topics for a general scientific audience.

INTERESTING OPPORTUNITY – The first person narrative of this column gives fellows a first hand peek into various opportunities around campus and in our community. Consider sharing any interesting opportunities you've experienced.

LIFE OUTSIDE LAB – Send us pictures of your life outside lab!

THE ARTS – Once per year we focus on art in science. Interested in exploring the topic? Try writing a feature article for this annual issue!

THOUGHTS OF A POSTBAC – This column has served as an outlet for postbacs to share their thoughts about scientific training and future career opportunities.

YOUR IDEAS – We're always on the hunt for fun, interesting ideas to cover in the newsletter!



Please contact *The NICHD Connection* Editor, Dr. Shana Spindler, at shana.spindler@nih.gov to learn more.

Three-minute Talks (TmT) Competition 2020

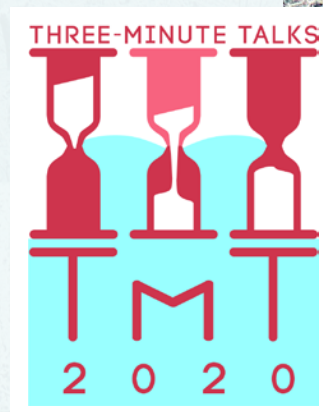
SCIENCE COMMUNICATION TRAINING AND AWARDS PROGRAM

NOW SEEKING POSTDOC & CLINICAL FELLOWS, GRADUATE STUDENTS & POSTBACS

Learn how to explain your research effectively to a broad scientific audience, in three minutes or less, with one-on-one professional training from public speaking coach Scott Morgan.

Get the chance to win up to \$1,000 for use towards approved training or travel to a scientific meeting.

Visit the [NICHD TmT Program website](#) for more details: up to 10 DIR fellows (postbac, predoctoral, postdoctoral, visiting and clinical) are invited to compete for these science communication honors.



2020 TMT PROGRAM TIMELINE AND DETAILS

Friday, February 7	Deadline to Enter <ul style="list-style-type: none"> » To enter, complete the 2020 Submission Form » The submission form, competition rules and judging criteria are available at the NICHD TmT Webpage
Thursday, February 13	“Speaking About Science” Workshop <ul style="list-style-type: none"> » Tips on scientific storytelling with only one slide » Speaking in plain language while addressing the human health relevance for your research » Creating effective visual aids
March & April, Dates TBD	Individual Coaching/Practice Sessions <ul style="list-style-type: none"> » Meet one-on-one with public speaking coach Scott Morgan » Practice your talk and obtain feedback on oral presentation skills and speech development
May, Date TBD	NICHD TmT Competition <ul style="list-style-type: none"> » Three finalists will be chosen to advance to the next round » Finalists will each be awarded \$500 for approved training/travel
June, Date TBD	NIH TmT Competition (With NICHD, NHGRI, NEI, NIDCR & NCATS fellows)

1st, 2nd, and 3rd place winners will be chosen to receive an additional \$500 training/travel award.



Meet Our New Fellows

We are happy to welcome new fellows to the NICHD family. If you arrived recently to the NICHD and would like us to introduce you in our quarterly [**"Meet Our New Fellows" column**](#), please contact our editor, Dr. Shana Spindler, at shana.spindler@nih.gov.



WILLIAM ROSENCRANS
Post-baccalaureate Fellow

Hometown: Glen Head, New York
Undergraduate institution: Colgate University
NICHD mentor: Dr. Sergey Bezrukov
Area of research: I use physics and single-molecule studies to understand how specific molecules and proteins get into and out of the mitochondria.



PRIYANKA MITTAL, PhD
Postdoctoral Fellow

Hometown: Jaipur, Rajasthan (India)
Doctoral institution: PhD from Indian Institute of Technology, Bombay (IIT Bombay)
NICHD mentor: Dr. Alan Hinnebusch
Area of research: My research is focused on the study of mechanism of differential regulation of divergently transcribed gene pairs by transcriptional activator, Gcn4.



FOUNTANE CHAN
Post-baccalaureate Fellow

Hometown: Bend, Oregon
Undergraduate institution: University of Oregon
NICHD mentor: Dr. Judith Kassiss
Area of research: I study the regulation of *engrailed* and *invected* expression in the *Drosophila* central nervous system.

(continued on page 6)

Meet Our New Fellows

(continued from page 5)



ANNA HORACEK
Post-baccalaureate Fellow

Hometown: Portland, Oregon

Undergraduate institution: University of Oregon

NICHD mentor: Dr. Judith Kassis

Area of research: I study the role of long-range promoter-enhancer communication in establishing gene expression at the *engrailed* locus throughout early development in *Drosophila*.



NICHOLAS JOHNSON
Post-baccalaureate Fellow

Hometown: Colorado Springs, Colorado

Undergraduate institution: Colorado College and University of Colorado, Colorado Springs

NICHD mentor: Dr. Ryan Dale

Area of research: I work in the bioinformatics and programming core where I assist in developing and running bioinformatics workflows and applying analyses to various projects within NICHD. I look forward to meeting others in NICHD, as I have wide-ranging interests, including second-language acquisition, the health and psychosocial development of SGM individuals, oncoviruses, NLP, and of course, bioinformatics.

The Rep Report

By Anshika Jain, PhD

As the current NICHD Basic Sciences Institutes and Centers (IC) Representative, I represent NICHD postdoctoral fellows at the Fellows Committee (FelCom) meeting every month and share the latest news with you here. Do you have a concern or question that you want brought up at the next meeting? Contact me at anshika.jain@nih.gov!



FelCom elected new co-chairs for the Social Subcommittee, Drs. Nick Madian and Jason Avery, and for the Child Care Liaison, Dr. Pragma Prakash. Congrats to all!

FelCom is looking for someone to fill the position of Membership Secretary. Look out for emails detailing responsibilities and how to apply. This is a great leadership opportunity, and I strongly encourage NICHD fellows to apply for these positions.

FelCom is discussing policies to move Fellow_L to an opt-out listserv, which will serve as a bridge to communicate information from FelCom directly to the fellows, without having to depend on the IC representatives or sub-committee members.

Dr. André Rose, liaison to the Training Directors Committee, stated that the committee is beginning to think about next year's **health insurance for fellows**. They want to know what fellows are concerned about the with existing plan, what they like, and what they would like to see changed. Any comments you'd like brought to the attention of the committee should be directed to Dr. André Rose at roseas@mail.nih.gov.



Anshika Jain, PhD



Life Outside Lab: Party Time!



PEDIATRIC & ADULT ENDOCRINOLOGY TRAINING PROGRAM HOLIDAY PARTY

FAES House, Bethesda, MD
Saturday, December 7, 2019

PHOTO COURTESY OF
DRS. KRISTINA ROTHER AND
CONSTANTINE STRATAKIS

BUILDING 6 HOLIDAY PARTY

FAES House, Bethesda, MD
Wednesday, December 4, 2019

PHOTOS BY DR. SHANA SPINDLER
More photos online at newsletter.nichd.nih.gov



The Holiday Band, left to right: Apratim Mitra, PhD, guitar and vocals; Xavier Castellon, drums; Nicki Swan, vocals; Jeremy Swan, bass; Ajay Chitnis, PhD, guitar; Ryan Dale, PhD, saxophone; Amy Parkhurst, guitar, vocals, and general organizational prowess.

Upcoming NIH-Wide Office of Intramural Training and Education (OITE) Events

For more information and registration, please visit [Upcoming OITE Events](#).

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|-------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Jan 9 | <u>Planning for Career Satisfaction and Success — Postbacs Only</u> |
| Jan 10 | <u>Choosing and Applying to Medical School</u> |
| Jan 13 | <u>Assertiveness for Scientists: How to Ask for What You Need in the Lab and in Life</u>
<u>Workplace Dynamics I/II: Self-Awareness, The Key to Professional Success</u> |
| Jan 14 | <u>Preparing for the MCAT Part I: Study Tips and Test-Taking Strategies</u> |
| Jan 16 | <u>Postbac Seminar Series</u> |
| Jan 23 & 24 | <u>Management Boot Camp</u> |
| Jan 24 | <u>Preparing for the MCAT Part II: MCAT Essentials and Test Day Preparation</u> |

DISCUSSION FOR BUILDING RESILIENCE

- | | |
|--------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Jan 7 | <u>Loneliness & Finding Community</u>
<u>Talking with your PI/Difficult Conversations</u> |
| Jan 10 | <u>Trainees of Color</u>
<u>Testing, Application & Interview Stress</u> |
| Jan 14 | <u>Assertiveness, Self-confidence, & Imposter Fears</u>
<u>Navigating NIH as an International Trainee</u> |
| Jan 16 | <u>LGBTQI+ Trainees</u>
<u>Self-Compassion for Trainees</u> |
| Jan 24 | <u>Navigating Life & NIH While Dealing with Anxiety, Depression and other Challenges</u>
<u>Job Search & Networking Stress</u> |
| Jan 28 | <u>Processing Grief</u>
<u>Balancing Work, Life, & Applications</u>
<u>Dealing with Hierarchy & Power</u> |

NIH Library Events

NIH Library Training Classes Now Available for Registration

In-person classes are held in the NIH Library Training Rooms, Clinical Center, Bldg 10, and webinars are held online. For more information:

- » <https://www.nihlibrary.nih.gov/training/calendar>
- » 301-496-1080
- » nihlibrary@nih.gov

- | | |
|-----------|------------------------------------------------------------------------------------|
| Jan 7 | Introduction to EndNote Online (in-person & online) |
| | Identifying Scientifically Sound Journals for Publication (online) |
| Jan 9 | Bibliometric Analysis Using Web of Science and Scopus (online) |
| Jan 13/14 | Data Carpentry Genomics Workshop (Two-Day Workshop) (in-person) |
| Jan 16 | Introduction to PubMed (in-person & online) |
| Jan 21 | Introduction to Scopus (in-person & online) |
| | Introduction to R Data Types (online) |
| Jan 22 | Single Cell RNA-Seq Data Analysis in Partek Flow (in-person) |
| | RNA-Seq Data Analysis in Partek Flow (in-person) |
| Jan 23 | Advanced Session for Partek Flow (in-person) |
| | Overview of Common Statistical Tests (online) |
| | Excel Tips and Tricks for BTRIS Users (in-person) |
| Jan 27 | Data Wrangling in R (online) |
| Jan 30 | Introduction to EndNote Desktop (online) |

January Announcements

CALLING ALL FELLOWS OF NICHD—IT'S IMAGE COMPETITION TIME!

We are beginning our search for the feature image of the 16th Annual NICHD Fellows Meeting.

The winning image, chosen by the Fellows Advisory Committee, will be showcased on the retreat website, on posters, and used as the front cover of the event program. Also, to highlight everyone's imagery, all submissions we receive will be used to produce a collage posted on the 2020 retreat website. You can always take a look at the image submissions from previous years at <http://retreat.nichd.nih.gov>.

In addition to image resolution and quality, selection criteria include the relevance to our institute's mission and artistic view of the image. All submissions (at the highest possible resolution) should be sent to Nicki Swan (jonasnic@mail.nih.gov) by **January 31, 2020 with a brief caption for the image.**

INTERESTED IN TAKING AN FAES COURSE FOR YOUR PROFESSIONAL DEVELOPMENT?

The Office of Education will sponsor several NICHD fellows and graduate students to enroll in one of the following FAES courses for the spring 2020 semester. Course information can be found in the FAES 2019-2020 [course catalog](#).

- » Regulatory Affairs and FDA Regulation
- » GRE Review (Online)
- » Healthcare Management
- » Introduction to Technology Transfer
- » MCAT Review and Test Preparation

If you are interested, please contact Ms. Carol Carnahan (carnahac@mail.nih.gov) **at least four weeks before class begins.**

It is important that you discuss this with your mentor and he/she is supportive of your participation.



January Events

MONDAY, JANUARY 6, 13, & 27, NOON – 1 PM

Annual Postbac Course

January 6

“Speaking About Science”

Public Speaking Coach Scott Morgan

January 13

“Life as a Primary Care Physician”

April Walker, MD

January 27

“Professionalism in Medicine”

April Walker, MD

These workshops are part of the 8-week course available for all NICHD postbacs. Pre-registration was required. For more information on upcoming opportunities, please contact Dr. Erin Walsh at erin.walsh@nih.gov.

WEDNESDAY, JANUARY 29, 10 – 11 AM

Coffee Fix Inaugural Session

Work/Life Balance

Drs. Yvette Pittman and Erin Walsh

Coffee will be served.

Email Ms. Monica Cooper (cooperm@mail.nih.gov) in the Office of Education if you plan to attend.

THURSDAY, JANUARY 30, 3 – 4 PM

NICHD Fellows Advisory Committee Meeting

Building 31, Conference Room 2A48

Please email Dr. Erin Walsh (erin.walsh@nih.gov) if you are planning to attend.